

# ANXIETY DISORDERS

Anxiety disorders are brought about by a variety of causes operating on numerous different levels. These levels include hereditary, biology, family background, conditioning, recent stressors, your self-talk and personal belief systems, your ability to express feelings and so on. There are seven Anxiety Disorders:

1. Panic-sudden episodes of acute apprehension or fear that occurs out of the blue.
2. Agoraphobia-fear of open spaces and panic attacks,
3. Social Phobia-fear of being judged in social or performance situations,
4. Specific Phobia-intense fear reaction to a specific object or situation such as spiders, dogs or heights,
5. Generalized Anxiety –excessive unrealistic worry,
6. Post Traumatic Stress-disabling psychological symptoms following a traumatic event,
7. Obsessive Compulsive-persistent obsessions (thoughts) and compulsions (rituals).

## TREATMENT

Stress and Anxiety Disorders are highly treatable and a multidimensional approach is taken dealing with the biological, emotional, mental, interpersonal and spiritual factors. Cognitive Behavioral Strategies (**CBT**) constitute the core of any successful program for treating Anxiety Disorders. **CBT** focuses on the acquisition, sorting, interpretation and storage of information. Thus the strategies of **CBT**, other psychological therapies and mind-body techniques are designed to increase your **Information Processing** capacity, mentally, physiologically and behaviorally.

The aims of treatment are:

1. **Rapid** relief of symptoms,
2. **Ability** to apply safe and effective coping strategies,
3. **Genuine and Long Lasting Ability** to add stimulating challenges, pleasures and excitement to your life.

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